



# EATING WELL FROM A-Z

Unit 5, Lesson 3



# What are we Learning Today?

- ❖ Alphabetical Order
- ❖ Gestures and Mime to clarify meaning
- ❖ Order by expiry date
- ❖ The importance of eating well



# Alphabetical order

Alphabetical order means sorting words in a list by the order of the alphabet.

Sometimes people call it “A-B-C” order

## ALPHABET TO NUMBER MATCHING CHART

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26



cherry  
peach  
apricot  
banana  
apple  
orange  
melon  
lemon  
grape  
plum

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Let's put  
these foods  
into  
alphabetical  
order







































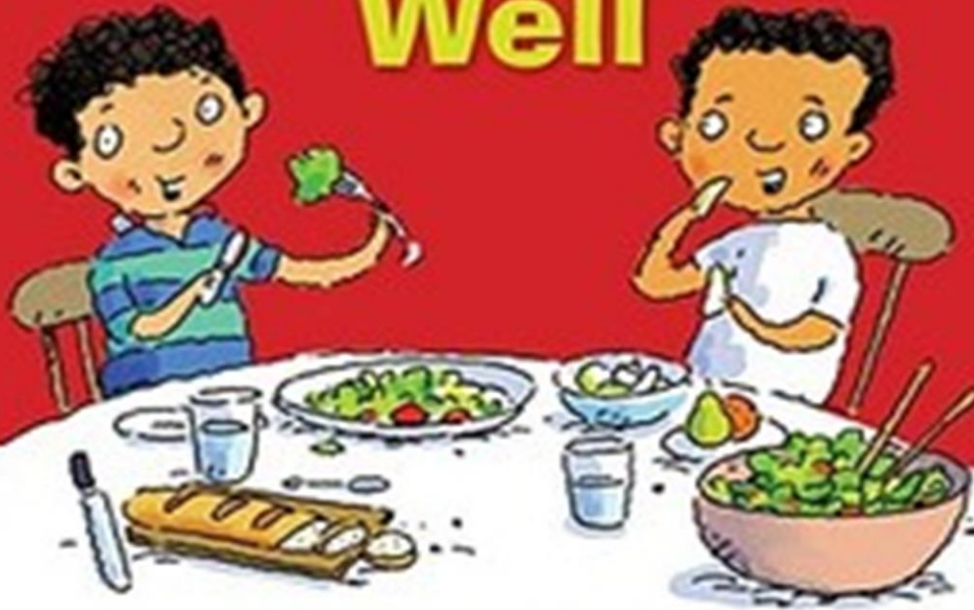





ABCDE  
FGHIJK  
LMNOP  
QRSTU  
VWXYZ



# Eating Well

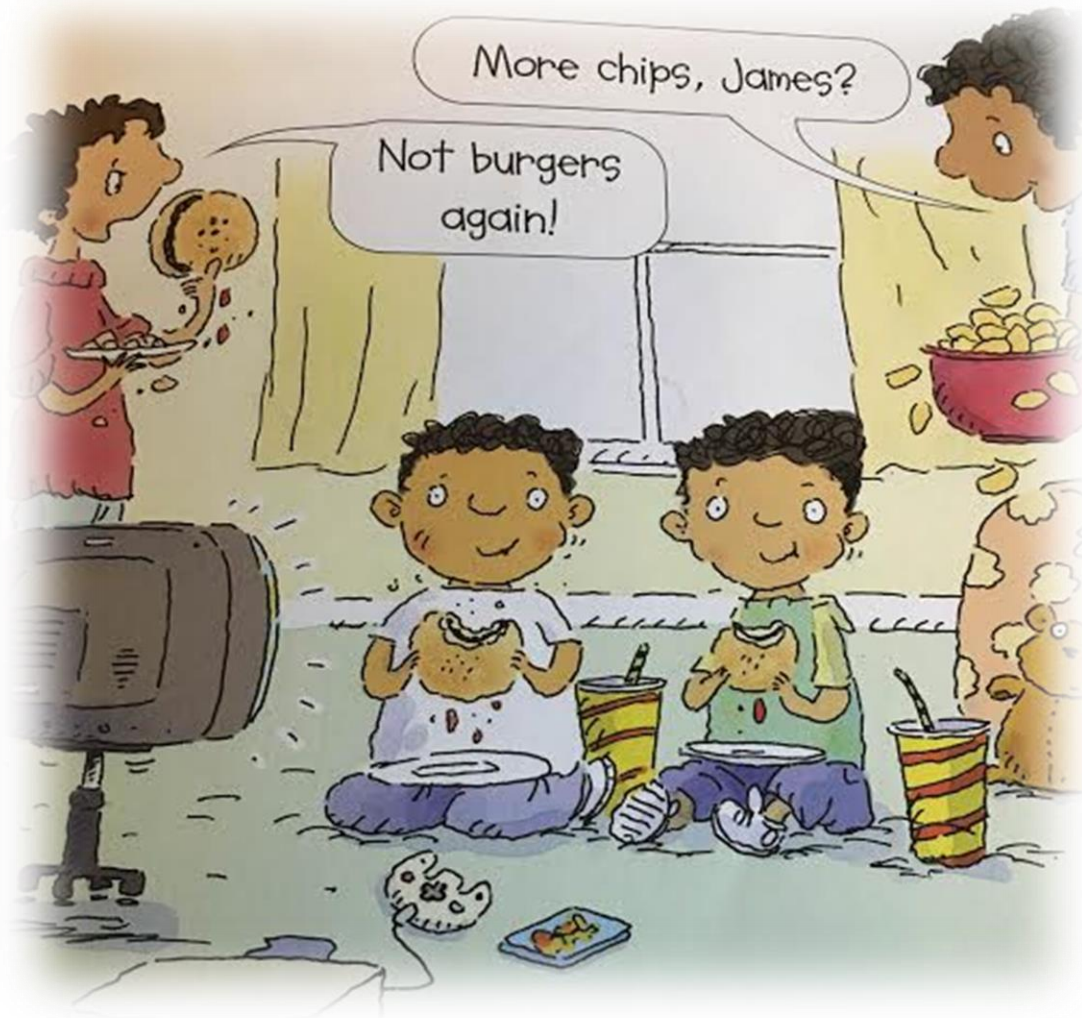


Liz Gogerly and Mike Gordon

A story about the importance of eating healthy and good foods that will help you grow big and strong!



I love staying over at my friend Ethan's house.  
We eat the best snacks ever!



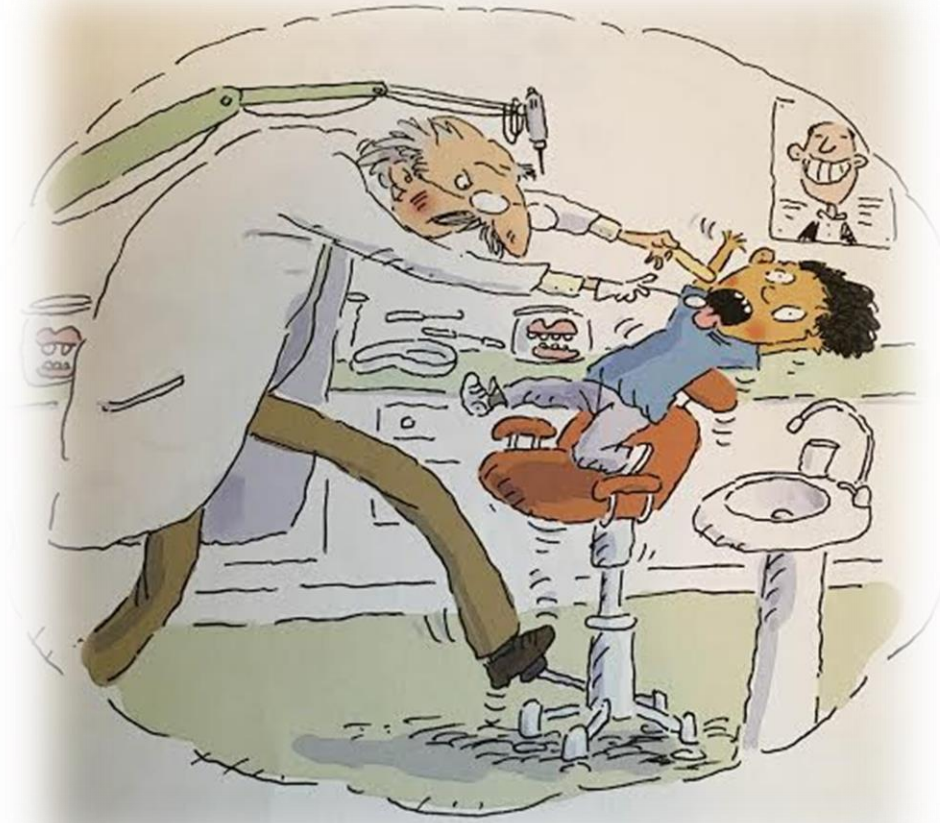
At lunchtime, Ethan's family eats the greatest food in the world and best of all, we are allowed to eat in front of the television!





Later we had a midnight snack. But, it wasn't all fun and games. My stomach started to feel very sick, we ate too much!



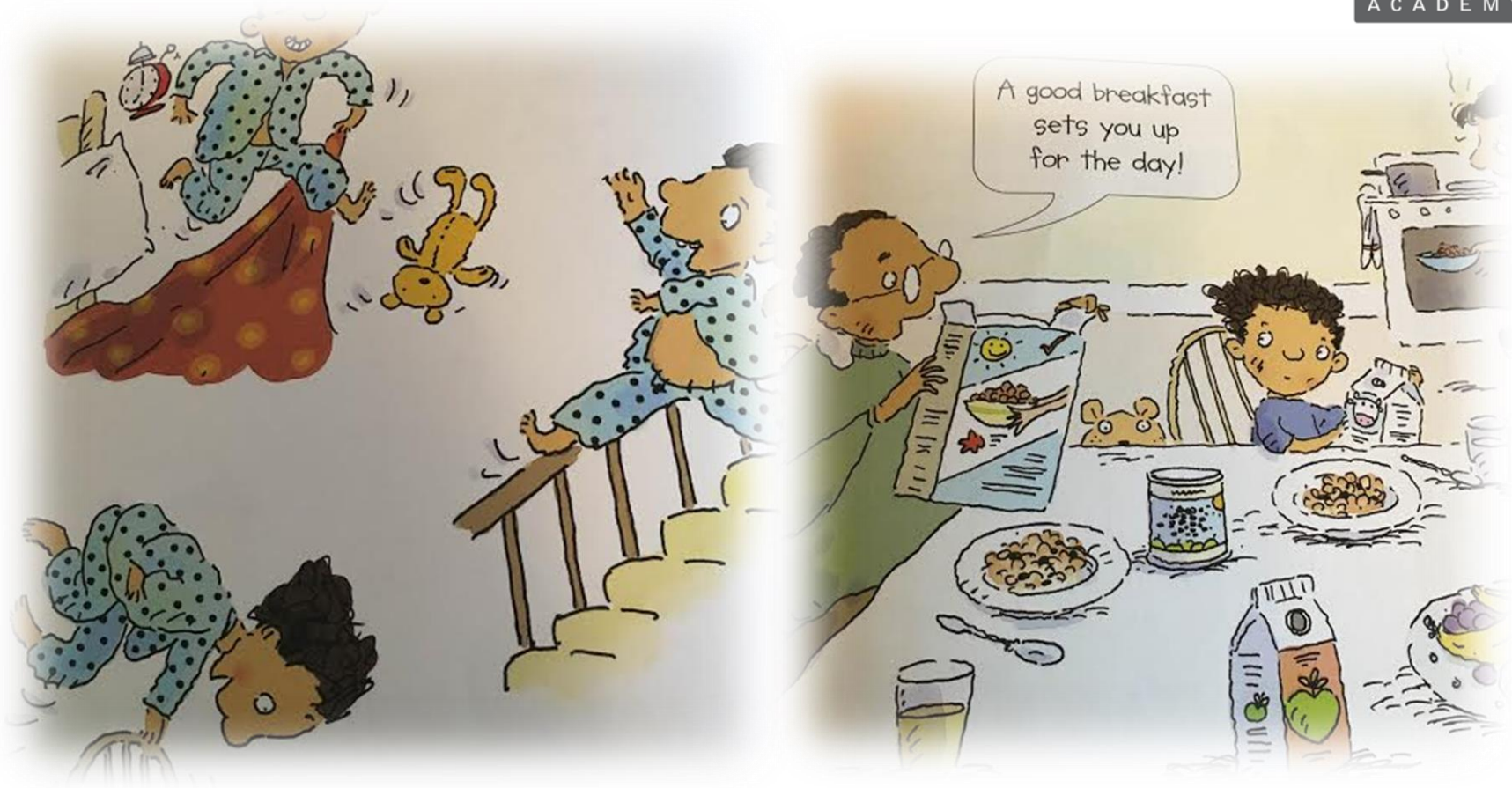


Dad said, "Too much junk food makes you feel sick.". He tucked me in and I fell asleep. But, then the nightmares began...



When I grow up, I don't want to be unhealthy. I want to be strong, just like my Dad!





I want to feel good and have a lot of energy. Dad says that one of the secrets of staying fit and healthy is eating well.



At school the next day, I ate my sandwich and yogurt and drank some ice-cold water for lunch. I told all my friends about how important it is to eat well.





Because I ate such a healthy lunch, I whizzed through my school work. But best of all, I scored TWO goals in our soccer match!



I felt great and I wanted Ethan to feel great too so, I shared the secret of eating well with him. Everyone needs plenty of fresh fruit and vegetables, at least five a day.



To eat well eat fresh fish, lean meat, chicken, beans, nuts and seeds.



Cheese, yogurt and milk are good for your bones and teeth.



If you eat a balanced diet, you'll be fit, healthy and strong!





But sometimes, a special treat is ok too!

# Special Treats

Here are some special foods that we eat as treats. Let's practice acting out the words without speaking and see if our friends can guess which one we are saying.



a carton  
of orange juice



a bag  
of potato chips



a can  
of soda



a glass  
of lemonade

# Miming-Charades

Sometimes when we are having trouble finding the right word it will be easier to use gestures (e.g. pointing) to help others understand what we mean. Let's play charades!

Carve  
Stir  
Grate

Drizzle  
Blend  
Add

Squeeze  
Roast  
Fry

Rub  
Cut out  
Bake

Knead  
Roll  
Pour

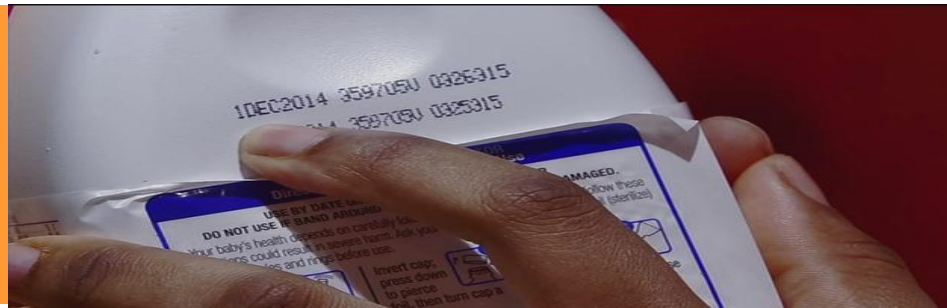
Beat  
Zest  
Simmer

Peel  
Slice





# Expiry Dates



Eating well also means that we need our food to be as fresh as possible. We use an **EXPIRY DATE** to know if our food is still good to eat.

First we look for the **MONTH** and then we look for the **YEAR**





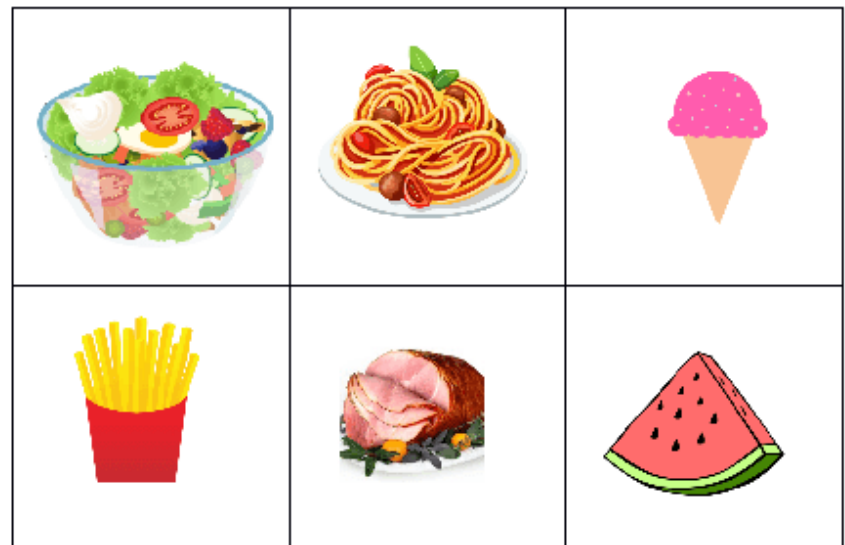
# Let's Review

Today we learned about:

❖ Alphabetical Order



Practice by labelling these foods and then put them in ABC order:



# Let's Review

We also learned about:

- ❖ Gestures and mime to clarify meaning.



Practice acting out your favourite part of the story with your family.



# Let's Review

Finally we learned about:

- ❖ Expiration dates and Best Before

Next time you go grocery shopping pay attention to the expiration dates of the products your Mom and Dad are buying.



# HOMework

## - HEALTHY FOOD WILL MAKE YOU SMILE -

### Verse 1

.....I hear you say,  
.....I could eat it everyday,  
.....oh, what a lovely treat  
But not that good to eat .

Chips

Chocolate

Ice cream

### Verse 2

.....so nice and sweet  
....., well they make a lovely treat  
.....okay once in a while,  
But that food won't make you.....

Hamburgers

Cake

Hot dogs

smile

### Chorus

You'll be in a .....

healthy food

With .....

....., grains will help you grow

good mood

You'll have ....., just you wait and see

Healthy food will make you smile

Fruits and vegetables

energy

### Verse 3

..... I hear you say  
Vegetables you should eat them.....  
..... more than a lovely treat

Bread

because

Bananas

Also good to eat.

everyday

..... so nice and sweet

Apples

.....well it's really fun to eat

Grapes

.....more than once in a while

pasta

.....this food will make you smile